

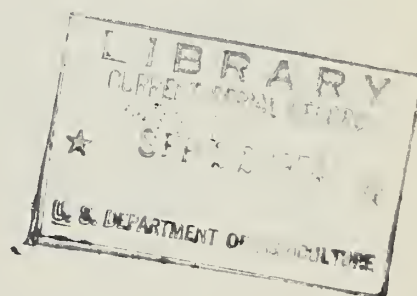
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ADDITIONAL SCHOOL LUNCH RECIPES

Supplement to School Lunch Recipes for Main Dishes and Desserts, PA-222



UNITED STATES DEPARTMENT OF AGRICULTURE
Washington, D. C.
October 1953

Preface

This publication contains 12 additional recipes for main dishes suitable for use in the National School Lunch Program. Other such recipes were included in "School Lunch Recipes for Main Dishes and Desserts" - PA-222 issued February 1953.

These recipes were developed and standardized in the School Lunch Recipe Testing Laboratory of the Bureau of Human Nutrition and Home Economics at the request of the Food Distribution Branch, Production and Marketing Administration. This work was done as part of a continuing project by the Food Distribution Branch to make available recipes suitable for use in school lunch kitchens and acceptable to children. In the spring of 1953, arrangements were made by the Food Distribution Branch with school lunch supervisors of State departments of education to test 17 main dish recipes in individual schools throughout the country. Dishes prepared from these recipes were then served as a part of a regular school lunch menu. Comments and recommendations on the clarity of directions, practicability of procedure, and acceptability of the dishes to school-age children were of great value in selecting the recipes to be included in this booklet. As a result of the testing program, the 12 recipes receiving the highest acceptability rating are included.

The tests were conducted in 30 States: Alabama, Arizona, Arkansas, California, Florida, Idaho, Illinois, Iowa, Kansas, Kentucky, Maryland, Michigan, Minnesota, Missouri, Montana, Nebraska, Nevada, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, South Carolina, South Dakota, Tennessee, Utah, Virginia, Washington and Wisconsin.

The recipes in this publication have been arranged so they can be cut apart, mounted and inserted in the card file, "School Lunch Recipes for 100."

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Production and Marketing Administration
in cooperation with
Bureau of Human Nutrition and Home Economics
U. S. Department of Agriculture

BAKED BEANS WITH TOMATO

Main Dishes

| 100 Portions | Ingredients | Portions | Cost |
|----------------------------|-------------------------|----------|------|
| 9 pounds (5-1/4 quarts) | Dry navy beans | | |
| 3 gallons | Boiling water | | |
| 4 ounces (1/2 cup) | Salt | | |
| 4 pounds | Salt pork or bacon | | |
| 2 tablespoons | Dry mustard | | |
| 1 cup | Molasses | | |
| 1/2 cup | Vinegar | | |
| 1-1/4 cups | Brown sugar | | |
| 2 quarts | Tomato puree | | |
| 1 quart | Water from cooked beans | | |

Portion: 1/2 cup (No. 8 scoop). Meets the protein requirement of the Type A Lunch.

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BEAN CHEESEBURGERS

Main Dishes

| 100 Portions | Ingredients | Portions | Cost |
|--------------------------|--------------------------------|----------|------|
| 2 pounds (4-2/3 cups) | Dry kidney beans* | | |
| 3-1/2 quarts | Boiling water | | |
| 10 pounds | Ground beef | | |
| 4 ounces (1/2 cup) | Salt | | |
| 2 tablespoons | Chili powder | | |
| 1 cup | Catsup | | |
| 3 tablespoons | Worcestershire sauce | | |
| 7 | Eggs | | |
| 12 ounces (2 cups) | Finely chopped onion | | |
| 8-1/3 dozen | Hamburg buns | | |
| 4 pounds | Cheese, (100 5/8 ounce slices) | | |

Portion: 1 meets the protein requirement of the Type A Lunch.

1. Add beans to boiling water. Boil 2 minutes. Remove from heat and soak 1 hour (or overnight if more convenient).
2. Add salt and boil gently until tender (1-1/2 to 2 hours). Drain
3. Cut pork or bacon into 1/2-inch pieces.
4. Combine all ingredients and mix well.
5. Place in baking pans or bean pots.
6. Bake at 350°F. (moderate) 2 to 3 hours, or until beans are tender and browned. (If necessary, add more cooking water to the beans as they bake.)

1. Add beans to boiling water. Boil 2 minutes. Remove from heat and soak 1 hour (or overnight if more convenient.)
2. Boil beans gently until tender (about 2 hours). Drain and mash or grind.
3. Mix beans, meat, salt, chili powder, catsup, Worcestershire sauce, and eggs.
4. Portion the mixture with a No. 16 scoop (1/4 cup). Shape into patties.
5. Bake at 350°F. (moderate) until well done (about 30 minutes).
6. Place a patty on lower half of bun. Top with cheese. Place top of bun on cheese.
7. Arrange buns on a sheet pan. Bake at 350°F. (moderate) until cheese melts. Serve hot.

* Other kinds may be used.

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BEEF-PORK BALLS

Main Dishes

| 100 Portions | Ingredients | Portions | Cost |
|---------------------------------|---------------------|----------|------|
| 10 pounds | | | |
| 12 ounces | Ground beef | | |
| 9 pounds | Ground fresh | | |
| 12 ounces | pork | | |
| 1 quart (approx. 20) | Eggs | | |
| 1 pound 8 oz. (1 quart) | Chopped onion | | |
| 1 pound 8 oz. (1-1/2 quarts) | Dry bread crumbs | | |
| 3 ounces (2/3 cup) | Cornstarch | | |
| 3 ounces (1/3 cup) | Salt | | |
| 1/3 cup | Sage | | |
| 2-1/4 quarts | Milk | | |
| 11 ounces (1-1/3 cups) | Bacon fat | | |

Portion: 2 meat balls. Meets the protein requirement of the Type A Lunch.

1. Blend beef and pork.
2. Add eggs, onion, bread crumbs, cornstarch, salt, sage, and milk. Mix well.
3. Portion with No. 16 scoop (1/4 cup). Shape into balls.
4. Brown lightly in fat and place in baking pans. Cover.
5. Bake 1 hour at 325°F. (slow). Remove cover for last 15 minutes to complete browning of meat balls.

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CHICKEN-CORN SCALLOP

Main Dishes

| 100 Portions | Ingredients | Portions | Cost |
|---|--|----------|------|
| 2 pounds (1 quart) | Butter or margarine | | |
| 2 pounds 4 oz. (2-1/4 quarts) sifted) | Flour | | |
| 1-1/2 gallons | Hot chicken broth | | |
| 2 tablespoons | Salt | | |
| 3 ounces (1/2 cup) | Finely chopped onion | | |
| 11 pounds (2 gallons 3 cups) | Coarsely chopped cooked chicken | | |
| 10 pounds (1-1/2 gallons) | Drained whole grain corn | | |
| 1 pound 8 oz. (1-1/2 quarts) | Grated cheese | | |
| 12 ounces (1-1/2 cups) | Chopped pimiento | | |
| 1 pound (1 quart) | Dry bread crumbs | | |
| 8 ounces (1 cup) | Melted butter margarine | | |

Portion: 2/3 cup (No. 6 scoop). Meets the protein requirement of the Type A Lunch.

1. Melt butter or margarine, blend in the flour, and stir into chicken broth. Cook until thickened, stirring frequently.
2. Add salt and onion.
3. Combine sauce, chicken, corn, cheese, and pimiento.
4. Place mixture in baking pans.
5. Top with the bread crumbs which have been mixed with the butter or margarine.
6. Bake at 350°F. (moderate) for 45 minutes, or until crumbs are brown.

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DEVILED EGGS

Main Dishes

| 100 Portions | Ingredients | Portions | Cost |
|------------------|------------------------------|----------|------|
| 8-1/3 dozen | Hard-cooked eggs | | |
| 3 tablespoons | Salt | | |
| 3 tablespoons | Dry mustard | | |
| 1 pound (2 cups) | Finely chopped sweet pickles | | |
| About 3 cups | Salad dressing | | |

1. Peel hard-cooked eggs. Cut in halves lengthwise and remove yolks.
2. Mash yolks; add salt, mustard, pickle and salad dressing. Mix well.
3. Fill each half egg with about 1 tablespoon yolk mixture.
4. Serve plain. Or place 2 egg halves on toast or rusk and serve with hot cheese sauce or with tomato sauce.

Portion: 2 egg halves. Meets the protein requirement of the Type A Lunch.

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FRANKFURTER CASSEROLE

Main Dishes

| 100 Portions | Ingredients | Portions | Cost |
|-------------------------------|----------------------------|----------|------|
| 1 pound (2 cups) | Butter or margarine | | |
| 1 pound (1 quart sifted) | Flour | | |
| 3-1/3 tablespoons | Salt | | |
| 1-1/2 gallons | Hot milk | | |
| 4 pounds (1 gallon) | Sliced carrots | | |
| 1 pound, 2 oz. (2-1/4 quarts) | Noodles | | |
| 12-1/2 pounds | Frankfurters | | |
| 5 pounds (3 quarts) | Drained canned peas | | |
| 8 ounces (2 cups) | Bread crumbs | | |
| 2 ounces (1/4 cup) | Melted butter or margarine | | |

1. Make white sauce: Melt the butter or margarine; blend in the flour and salt. Stir into the milk and cook until thickened, stirring frequently.
2. Boil or steam carrots until tender (about 15 minutes).
3. Cook noodles in boiling salted water until tender (about 10 minutes). Drain.
4. Place a layer of noodles in baking pan and slice frankfurters over them. Add layers of carrots and peas. Repeat until all of these four ingredients are used.
5. Pour white sauce over all. Top with crumbs mixed with the butter or margarine.
6. Bake at 350°F. (moderate) until brown (about 35 to 40 minutes).

Portion: 3/4 cup. Meets the protein requirement of the Type A Lunch.

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HAM-POTATO SCALLOP

Main Dishes

| 100 Portions | Ingredients | Portions | Cost |
|--------------------------|----------------------|----------|------|
| 24 pounds | Potatoes | | |
| 12-1/2 pounds | Cooked lean ham | | |
| 1-1/2 pounds (3 cups) | Butter or margarine* | | |
| 1 pound (1 quart sifted) | Flour | | |
| 2 gallons | Hot milk** | | |

Portion: 1 cup. Meets the protein requirement of the Type A Lunch.

1. Pare and slice potatoes.
2. Slice ham and cut into 1-inch pieces.
3. Make sauce: Melt fat, add flour, blending to a smooth paste. Stir into milk. Cook until thickened, stirring frequently.
4. Put half the potatoes in greased baking pans. Add ham and cover with remaining potatoes. Add white sauce.
5. Bake at 350°F. (moderate) 1-1/2 to 2 hours, until potatoes are tender. Cover for first 30 minutes.

* Fried-out ham fat may be used.

** 2-pounds (2 quarts) nonfat dry milk mixed with 2 gallons water may be used.

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HAM TURNOVERS

Main Dishes

| 100 Portions | Ingredients | Portions | Cost |
|--------------------------------|--------------------------|----------|------|
| 12-1/2 pounds (10-1/2 quarts*) | Ground cooked smoked ham | | |
| 12 ounces (2 cups) | Finely chopped onion | | |
| 2 quarts | Tomato puree | | |
| 6 ounces (3/4 cup) | Sugar | | |
| 1 ounce (2 tablespoons) | Salt | | |
| 1 cup | Chopped parsley | | |
| 1-2/3 table-spoons | Dry mustard | | |
| 1-2/3 table-spoons | Horseradish | | |
| PASTRY | | | |
| 7 pounds (7 quarts sifted) | Flour | | |
| 2-1/3 table-spoons | Salt | | |
| 3-1/2 pounds (1-3/4 quarts) | Shortening | | |
| About 4 cups | Cold water | | |

Portion: 2 turnovers. Meets the protein requirement of the Type A Lunch.

1. Combine ham, onion, tomato puree, sugar, salt, parsley, mustard, and horseradish. Blend well.
 2. Make pastry: Sift together the flour and salt. Cut or rub in the shortening until the consistency of coarse cornmeal. Add water and mix.
 3. Roll out pastry on lightly floured board. Cut into circles 5 inches in diameter.
 4. Portion the ham mixture with a No. 24 scoop* (about 3 tablespoons) and place on one half of each pastry circle. Fold other half of pastry over ham mixture and seal edge with a fork.
 5. Place on baking sheets and bake at 400°F. (hot) for 25 minutes.
- * Packed.

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LAMB STEW

Main Dishes

| 100 Portions | Ingredients | Portions | Cost |
|-------------------|-----------------|----------|------|
| 20 pounds | Lamb (boneless) | | |
| 2 pounds | Flour | | |
| (2 quarts sifted) | | | |
| 1-1/4 pounds | Sliced | | |
| (1 quart) | onion | | |
| 1 pound | | | |
| (2 cups) | Fat | | |
| 2 gallons | Water | | |
| 1-1/2 pounds | Chopped green | | |
| (1 quart) | pepper | | |
| 7 pounds | Diced | | |
| (1-1/4 gallons) | carrots | | |
| 8 pounds | Diced | | |
| (1-1/2 gallons) | potatoes | | |
| 1/3 cup | Salt | | |
| 3 cups | Cold water | | |

Portion: 3/4 cup. Meets the protein requirement of the Type A Lunch.

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MACARONI AND CHEESE

Main Dishes

| 100 Portions | Ingredients | Portions | Cost |
|-----------------|---------------|----------|------|
| 6 ounces | Butter or | | |
| (3/4 cup) | margarine | | |
| 6 ounces | | | |
| (1-1/2 cups | Flour | | |
| sifted) | | | |
| 2-3/4 ounces | Salt | | |
| (1/3 cup) | | | |
| 1-1/2 gallons | Hot milk* | | |
| 2-2/3 table- | Dry mustard | | |
| spoons | | | |
| 6 pounds, 4 oz. | Grated cheese | | |
| (6-1/4 quarts) | | | |
| 3 pounds 12 oz. | Elbow | | |
| (3-3/4 quarts) | macaroni | | |
| 3-1/2 gallons | Boiling | | |
| | water | | |
| 2 ounces | Salt | | |
| (1/4 cup) | | | |

Portion: 1/2 cup. Meets 1/2 the protein requirement of the Type A Lunch.

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1. Cut meat into 1-inch cubes. Dredge with half the flour. Brown meat and onion in fat.
2. Add the water, cover, and simmer until meat is nearly tender (about 1 hour).
3. Add green pepper, carrots, potatoes, and salt. Continue cooking until all vegetables are tender (about 30 minutes).
4. Blend cold water and remaining flour. Stir into stew. Cook at least 10 minutes longer before serving.

1. Make sauce: Melt butter or margarine and blend flour and salt with it. Stir into hot milk. Cook until thickened, stirring frequently. Add the mustard and cheese; stir until blended.
 2. Cook macaroni in the boiling salted water until tender (about 15 minutes). Drain and combine immediately with the cheese sauce.
 3. Pour into baking pans. Bake at 350°F. (moderate) for 1 hour, or until brown.
- * 1-1/2 pounds (6 cups) nonfat dry milk mixed with 1-1/2 gallons water may be used.

SCALLOPED LIMA BEANS WITH BACON

Main Dishes

| | | | | | | | |
|-----------------|---|-----------------|---|----------|---|------|---|
| 100 Portions | : | Ingredients | : | Portions | : | Cost | : |
| 9 pounds | : | Large dry | : | : | : | : | : |
| (5-1/4 quarts) | : | lima beans | : | : | : | : | : |
| 3 gallons | : | Boiling water | : | : | : | : | : |
| 4 ounces | : | Salt | : | : | : | : | : |
| (1/2 cup) | : | : | : | : | : | : | : |
| 4 pounds | : | Sliced bacon | : | : | : | : | : |
| 8 ounces | : | Flour | : | : | : | : | : |
| (2 cups sifted) | : | : | : | : | : | : | : |
| 1-1/4 pounds | : | Nonfat dry | : | : | : | : | : |
| (1-1/4 quarts) | : | milk | : | : | : | : | : |
| 1-1/4 gallons | : | Cooking liquid: | : | : | : | : | : |
| | : | from beans | : | : | : | : | : |
| 1 quart | : | Fine dry | : | : | : | : | : |
| | : | bread crumbs | : | : | : | : | : |
| 2/3 cup | : | Melted bacon | : | : | : | : | : |
| | : | fat | : | : | : | : | : |

Portion: 2/3 cup (No. 6 scoop). Meets the protein requirement of the Type A Lunch.

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1. Add beans to boiling water. Boil 2 minutes. Remove from heat and soak 1 hour (or overnight if more convenient).
2. Add salt and boil gently until beans are tender (about 1 hour). Drain; save liquid.
3. Cut bacon in 2-inch pieces. Fry until crisp. Drain.
4. Make sauce: Blend flour and dry milk and gradually beat into two quarts of the bean liquid. Add slowly to the remaining bean liquid. Cook over hot water until thickened, stirring frequently.
5. Place beans in baking pans. Blend bacon and sauce. Pour over beans and mix well. Top with crumbs mixed with bacon fat.
6. Bake at 350°F. (moderate) about 30 minutes or until browned.

EGG AND CHEESE SANDWICH FILLING

Sandwich filling

| | | | | | | | |
|---------------|---|---------------|---|----------|---|------|---|
| 100 Portions | : | Ingredients | : | Portions | : | Cost | : |
| 6 pounds | : | American | : | : | : | : | : |
| | : | cheese | : | : | : | : | : |
| 52 | : | Hard-cooked | : | : | : | : | : |
| | : | eggs | : | : | : | : | : |
| 1/2 teaspoon | : | Paprika | : | : | : | : | : |
| 2 tablespoons | : | Salt | : | : | : | : | : |
| 1-1/3 cups | : | Pickle relish | : | : | : | : | : |
| 1/2 cup | : | Lemon juice | : | : | : | : | : |
| 2/3 cup | : | Cooked salad | : | : | : | : | : |
| | : | dressing | : | : | : | : | : |

Portion: 3-1/5 tablespoon (No. 20 scoop). Meets the protein requirement of the Type A Lunch.

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1. Grind cheese and eggs fine.
2. Add remaining ingredients. Blend well.
3. Portion with a No. 20 scoop (3-1/5 tablespoons).

